

## ABSTRACT

An information recording apparatus (300) is provided with: a recording device (352) for irradiating an information recording medium (100) with laser light and for recording information onto the information recording medium; an obtaining device (354) for obtaining at least one of (i) a special OPC strategy for defining a waveform of the laser light used to calculate an optimum laser power of the laser light for recording the information at a second recording speed different from a first recording speed, at the first recording speed, and (ii) a recording strategy for defining a waveform of the laser light used to record the information at the second recording speed; a power calculating device (354) for calculating the optimum laser power by using the special OPC strategy at the first recording speed; and a controlling device (354) for controlling said recording device to record the information at the second recording speed, by using the calculated optimum laser power and the recording strategy.